

## PRAYER PROMPTS: A Tool for Intentional Prayer

### WEEK 1 *Holy and Mysterious*

- Day 1:** When did you last hear God speak clearly or loudly to you? In a still, small voice? Are you listening as much as talking?
- Day 2:** Spend time accepting that the universe's creator knows your name. What does this mean to you?
- Day 3:** Scripture says, "Be holy as I am holy." Is this possible for you? How?
- Day 4:** Read Psalm 121. Let these thoughts be your prayer throughout the day. Where does our help come from?
- Day 5:** "Prayer is the act of seeing reality from God's point of view." (Philip Yancey) How do you *practice* prayer?
- Day 6:** In the Bible, prayer is: to seek, request, call on, entreat, thank, confess, praise, bless, inquire, glorify. Do at least three today.
- Day 7:** Psalm 46:10 says, "Be still and know that I am God." Take time to do that today. Be intentional!

### WEEK 2: *Talking and Listening*

- Day 1:** What would you cry out to God? For whom would you cry out? Make a list of those concerns.
- Day 2:** Using the list you created yesterday, read each name, issue or event, pause after each and say, "Hear my prayer O Lord."
- Day 3:** God listens to us, He hears us. When has God listened to you? With each remembered experience, say to God, "Thank you for hearing my cry."
- Day 4:** Read Psalm 119:105. Carry this verse with you throughout the day, reading and praying it.
- Day 5:** Sit outside and listen to creation praise God. Hear the birds, the squirrels, the breeze rustling the leaves, join them in their praise.
- Day 6:** Turn off the noise. Find that place you can meet God without external distractions. Go there, simply go there and be still, listen.
- Day 7:** Listen to one of your favorite songs, listen to the words, to the melody. What do you hear? What phrase jumps out? Write it down, carry it with you.

### WEEK 3: *Personal and Communal*

- Day 1:** Pray today to be filled completely with God's love to the point that His love overflows from you to touch others.
- Day 2:** Pray to find a prayer partner or a prayer group to pray with either today or sometime this week. Pray for one another.
- Day 3:** Use the Lord's Prayer as a guide. Pay attention to what you ask God to give you, to forgiving others, and to what you need forgiven.
- Day 4:** Pray for those facing financial hardship, that God would give them peace, wisdom, comfort, and help in time of need.
- Day 5:** Identify three news stories and pray about those specific situations, lifting them up to God.
- Day 6:** Meditate on these words: "Each activity of daily life in which we stretch ourselves on behalf of others is a prayer of action." (Foster)
- Day 7:** Jesus said to "always pray and not give up." (Luke 18:1) Make a list of people to pray for everyday. Call one person and say, "You're in my prayers."

### WEEK 4: *Strengthening and Comforting*

- Day 1:** Remember those who have suffered loss and lift them up in prayer.
- Day 2:** Offer a word of encouragement to a brother or sister in Christ today.
- Day 3:** Read Psalm 63:1-8 as a prayer to God.
- Day 4:** Our God is faithful and He promises to be with us and to never forsake us. (Joshua 1:5) Claim His promise for yourself.
- Day 5:** Visualize Jesus holding your right hand as you go through today.
- Day 6:** Ask a brother or sister in Christ to pray for and with you.
- Day 7:** Offer to pray for someone you meet today. Ask them what they would like you to pray for.

### WEEK 5: *Prayer is Powerful and Effective*

- Day 1:** Think back over the last month. List three ways you have seen God at work. Offer thanks and praise.
- Day 2:** Is there any unforgiveness in your life? Unforgiveness blocks the Holy Spirit's work. Pray, forgive, set the Spirit free.
- Day 3:** What busyness holds you back from prayer? Use your busyness today to prompt brief prayers for family, work, and ordinary things.
- Day 4:** Families are under stress. Pray for families you know that are struggling. Pray also for your own family.
- Day 5:** Meditate on: "Prayer is nothing more than an ongoing and growing love relationship with God the Father, Son, and Holy Spirit." (Foster)
- Day 6:** Pray the Jesus Prayer at least 25 times. "Lord Jesus Christ, Son of God, have mercy on me, a sinner."
- Day 7:** John Wesley wrote: "I felt my heart strangely warmed." Pray that God also will warm your heart.